



## **Egg Allergies**

### **How to Read a Label for an Egg-Free Diet**

#### **Avoid foods that contain any of these ingredients:**

Albumin  
Egg (white, yolk, dried, powdered, solids)  
Egg substitutes  
Eggnog  
Globulin  
Livetin  
Lysozyme  
Mayonnaise  
Meringue  
Ovalbumin  
Ovomucin  
Ovomucoid  
Ovovitellin  
Simplese®

Note: A shiny glaze or yellow baked goods usually indicate the presence of eggs.

#### **Egg substitutions in baking:**

1 tsp. baking powder + 1 Tbs. liquid + 1 Tbs. vinegar = 1 egg  
3 Tbs. of apricot (or any fruit) puree or apple butter = 1 egg  
1 ½ Tbs. water + 1 ½ Tbs. oil + 1 tsp. baking powder = 1 egg  
1 ½ tsp. egg replacer (like Ener-G brand) + 2 Tbs. water = 1 egg

or:

Grind 2 Tbs. flaxseed, add 6 Tbs. boiling water. Let mixture set 15 minutes, then whisk with a fork. This replaces 2 eggs in a recipe for baked goods.